

Antibiotic Bowel Preparation - Gynecological Surgery

Emptying your bowels and taking antibiotics before surgery lowers your risk of infection. It is important you follow these directions exactly as written.

At least 2 days before surgery, buy your nonprescription supplies and pick up your prescriptions.

Supplies	Prescriptions (from your provider)
<ul style="list-style-type: none"> • Sports drinks like Gatorade® or Powerade® - 64 ounces. - If you have diabetes, use a low-calorie version like G2® or Powerade Zero®. If you don't like sports drinks, mix 64 ounces of water with Crystal Light® powder. Avoid red-colored sports drinks and mixes. • Bisacodyl/Dulcolax® laxative – you will need 6 tablets. • One bottle (8.3 ounces/238 grams) of Miralax® powder. - Mix the whole bottle of Miralax® powder with 64 ounces of Gatorade®. You can use a pitcher or mix it in the Gatorade® bottle. Stir/Shake until the entire contents of Miralax® are completely dissolved. Store in the refrigerator – cold mixture may be easier to drink. 	<ul style="list-style-type: none"> • neomycin: 6 tablets, 500 milligrams each • metronidazole/Flagyl®: 3 tablets, 500 milligrams each

Day Before Surgery

You will be on a clear liquid diet all day. Clear Liquids are those you can see through at room temperature (about 72°-78°). Avoid fluids that are red or purple.

Clear Liquids

- Soft drinks (orange, ginger ale, cola, lemon/lime, etc.)
- Gatorade® or Kool-Aid®
- Strained fruit juice without pulp (apple or lemonade)
- Water, flavored waters
- Tea or coffee (may add sugar, but **no** milk or creamer)
- Broth or bouillon - no noodles, rice, meats or vegetables
- Hard candy
- Jell-O® (no fruit toppings or whipped cream)
- Popsicles or lemon ice (no sherbets or fruit bars)

Directions

Day before Surgery 12pm - noon	Take 2 tablets of Dulcolax® laxative and drink 8 ounces of water.
2 pm	Take 2 tablets of Dulcolax® laxative and drink 8 ounces of water.
4 pm	<ul style="list-style-type: none"> • Drink 8 ounces of Gatorade®/ Miralax® solution every 15-30 minutes until you finish it all. • Drink it slowly to prevent nausea or stomach upset. If it helps, you can use a straw.
After you finish the Gatorade/ Miralax solution...	Take 2 tablets of Dulcolax® laxative and drink 8 ounces of water.
After you have finished the Gatorade®/ Miralax® solution and taken the Dulcolax® tablets...	<ul style="list-style-type: none"> • Start the antibiotics to help kill bacteria in the bowel and reduce the risk for infection after surgery. • Take the neomycin and metronidazole together. • Take 2 tablets (1000 milligrams total) of neomycin and 1 tablet of metronidazole (500 milligrams) every hour for 3 doses. <p>Example: Take 2 neomycin tablets and 1 metronidazole tablet at 6:30 pm., 7:30 pm, and 8:30 pm.</p>
Midnight	Do not eat or drink anything after midnight except for the apple juice as directed below.
Day of Surgery: 90 minutes before your arrival time at the hospital	Drink 8 ounces of apple juice.